

## Area Agencies on Aging (AAAs)

The AAAs provide local leadership in the development and implementation of programs to seniors age 60 and over who are of greatest social or economic need with special emphasis on serving low income and minority seniors.

Each AAA is required to provide legal services, home delivered meals, congregate meals, supportive services such as homemaker chore, personal care or respite, disease prevention/health promotion, transportation, information and assistance, and advocacy/outreach. Many AAAs also provide case management services.

All AAAs administer or provide elder rights and senior community service employment training.

To locate your AAA in Missouri call 800/235-5503. For assistance in locating a AAA sponsored program nationally, you may call the Eldercare Locator at 800/677-1116.

### Family Caregiver Support

The Family Caregiver Support Program establishes an infrastructure of program resources and assistance to family caregivers. States, AAAs, and local community agencies work together to provide support and services to family caregivers. The five areas of service allowed under the program include:

- Information about services;
- Assistance with access to services;

- Individual Counseling, Organization of Support Groups and Caregiver Training to assist in making decisions and solving problems relating to their caregiving role;
- Respite Care; and
- Supplemental Services available on a limited basis. These services may include: minor home modifications such as ramps, lift chairs, grab bars, assistive devices, nutritional supplements, incontinence supplies, and other types of support or assistance.

**Eligible Populations:** Family caregivers of older adults or relatives who are age 60 and over who are caregivers of children not more than 18 years of age.

For assistance or information about the Family Caregiver Support Program in your area, you may contact your local AAA.



### Division of Senior Services and Regulation

**Section for Senior Services**  
3418 Knipp Drive, P.O. Box 570  
Jefferson City, MO 65102-0570  
573/751-6271

**TDD: 800/735-2966**  
**VOICE: 800/735-2466**

## Your Resource Connection

Linking You  
to Community Resources  
for In-home Care

## Missouri Care Options (MCO)

Missouri Care Options offers information to Missouri citizens when they may need long-term care by:

- Informing individuals of available care options;
- Providing in-home services for low-income older or disabled adults; and
- Offering individuals residing in long-term care facilities the option of home and community based services.

## Information on Community Resources

To access community services, local Section for Senior Services offices can provide information and referral for:

- Transportation services;
- Congregate and home-delivered meals;
- Housing;
- Home repairs/weatherization;
- Telephone reassurance;
- Friendly visitors;
- Volunteer opportunities;
- Assessment for in-home services through the Section for Senior Services;
- Area Agencies on Aging services; and
- Other helping agencies.

The Section for Senior Services also operates a statewide Information and Referral service at 800/235-5503.

## Protective Services

Protective Services are provided on behalf of older and/or disabled adults who are reported to have been abused, neglected or exploited either by other persons or through self-neglect. Reports are investigated by Section for Senior Services social workers.

If you suspect an older or disabled Missourian is subject to abuse, neglect or exploitation, it should be reported to the Elder Abuse Hotline at :



Calls to the hotline are confidential

**1-800-392-0210**

## Authorized In-Home Services

Services may be available in your community to seniors aged 60 and over and disabled adults aged 18-59. Persons needing assistance in maintaining independence may be eligible for a variety of services including:

**Basic Personal Care Services** - Activities such as grooming, bathing, dressing and eating;

**Advanced Personal Care Services** - Assistance for persons requiring more medically related assistance such as transfers, catheter and ostomy care;

**Authorized Nurse Visits** - Weekly maintenance or preventative services (such as setting up medication) provided by a Registered Nurse or Licensed Practical Nurse;

**Residential Care Facility (RCF) Personal Care** - Personal care services provided to residents of RCFs to assist with activities of daily living;

**Respite Care Services** - Maintenance and supervisory services which provide temporary relief for the regular caregiver of a dependent adult;

**Homemaker Chore** - General household activities provided to assist with tasks such as laundry and shopping;

**Adult Day Health Care Services** - Organized programs consisting of therapeutic, rehabilitative and social activities provided in a licensed adult day care facility to persons with functional impairments; and

**Counseling Services** - Assistance for individuals to achieve or maintain their optimum level of personal and social functioning by resolving problems and reducing stress.